

# Murray City's

# Summer 2015

# Junior Lifeguard Program

Murray Junior Lifeguard Program is an educational and recreational summer program designed for youth between the ages of 11 – 15. Junior Lifeguards receive instruction on a carefully planned schedule of lectures with topics including basic water safety, lifeguarding skills, CPR and First Aid, balanced with physical conditioning and recreational activities. The program will also train candidates to become a water safety instructor's aide. This Unique program is taught by professional

Lifeguards and Water Safety Instructors.

So JUMP start your Lifeguarding career and spend your summer as a  
MURRAY JUNIOR LIFEGUARD!



**Dates:** June 23 – July 16  
**Days:** Tuesdays and Thursdays  
**Times:** Noon – 3 PM  
**Ages:** 11 – 15  
**Cost:** \$ 60 Resident  
 \$ 70 Non-Resident  
 (Includes class materials and t-shirt)



**Prerequisites:** Front crawl for 25 yards with rhythmic breathing, tread water for 1 minute, submerge and swim 10 feet under water  
 (Minimum five participants to hold program)

Participant's Name \_\_\_\_\_

Age \_\_\_\_\_ Male or Female Birth date \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Home Phone \_\_\_\_\_

E-mail \_\_\_\_\_ Work Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relation \_\_\_\_\_ Phone Number \_\_\_\_\_

T-Shirt Size      Small                      Medium                      Large                      X-Large

I have received and signed the Murray City concussion policy: Yes \_\_\_\_\_ No \_\_\_\_\_

Does your child have any limitations? No/Yes If Yes, please explain \_\_\_\_\_

## LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the forgoing registration, liability release and agree to all of their terms and conditions.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_



### Office Use Only

Paid \$ \_\_\_\_\_

CASH CHECK VISA

DISC AMEX MC